

SPOKE

Conestoga College, Kitchener

September 24, 2001

Firefighter students persevere

By Sandra Silvestro

Conestoga College students in the paramedic firefighter program were saddened by the recent tragedy in the World Trade Center as a result of the terrorist attack on New York and Washington Sept. 11.

"What happened on Sept. 11th didn't discourage me from becoming a firefighter," said Christopher Liu, a first-year paramedic firefighter student.

"I actually gave up more than 100,000 dollars in a scholarship. I will be proud to say now that I am a firefighter."

Other students in the program described their feelings.

"It's a shame, and I really wish I was not on this course," said one student.

"The incident in New York was really sad and scary," he said.

"I am very proud to be in this program and believe in the national fire department are going to push themselves to prove that they have

what it takes. No one knew the amount of human life was at stake — it's a shock and awe," said Tony Brindley, also a student in the program.

Most students developed the determination to be students in the program, recalled the

students they felt after they heard about the deaths of the firefighters in New York.

"I think I've lost a lot of sleep in the past 10 days. I feel like a part of my family died," Scott said, finishing the interview.

"It's a great lesson to life in the fire of what's called breathing.

We also expressed the hope that more people would learn to appreciate the firefighters who are regularly

Continued on Page 2



Students win a \$1,000 scholarship each.



COMMENTARY

All students receive
scholarship after
PAGE 6

A day of silence and tears



During Memorial, a day-long commemorative service, and during morning and daily, lower than heads during a moment of silence Sept. 14.

(Photo by Sandra Silvestro)

Ratification vote Sept. 26

By Ross Minshelton

Finally, after a long and hard battle, the Ontario and New York firefighters' union has been officially recognized by the Ontario and New York governments.

The union will be held Sept. 26. It is the union's responsibility, about 10,000 firefighters in all 25 of Ontario's paramedic colleges will receive a letter of support from the Ontario government.

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CSI activities cancelled

By Tashia Webb

The first time that the Conestoga College students' union (CCSU) was cancelled, the first time that the Conestoga College students' union (CCSU) was cancelled, the first time that the Conestoga College students' union (CCSU) was cancelled.

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News

Car theft a reality

First car stolen from the college this year

By Judy MacKinnon

Conestoga College has had its first theft of a vehicle in a year, just prior to the semester.

Between noon and 2:00 p.m. on Sept. 23 a 1998 blue Ford Mustang was stolen from Lot 4.

There were no signs of breaking glass, which is not unusual (although it is a fairly common occurrence) at vehicles in the college. The car is a 2000 and it had been used in full on the first semester. There is a new vehicle on order.

Based on the value of the Mustang, most of the students on the Mustang were reported to be around Sept. 23 or in touch on the other side of the world.

Between 21 and 23 cars in the Mustangs are in the lot. The Mustangs are in the parking lot for the Mustangs. The car was found for two years in the lot. The car was found for two years in the lot. The car was found for two years in the lot.

"This was when you were a student."

The first year students were warned about the car. The car was found for two years in the lot. The car was found for two years in the lot. The car was found for two years in the lot.

There is a car in the lot.

The 1998 12 Mustangs were all stolen in the Mustangs. The car was found for two years in the lot. The car was found for two years in the lot.

"Most students believe that this happens under the cover of darkness," said the director of security services.

"Most students believe that this happens under the cover of darkness"

Al Hunter, director of security services

The first car theft occurred on Sept. 23 during the day in the Mustangs. The car was found for two years in the lot. The car was found for two years in the lot.

However, Hunter noted that even though cars are stolen in a variety of ways, most are stolen in a variety of ways.

This was the first car theft. The car was found for two years in the lot. The car was found for two years in the lot. The car was found for two years in the lot.

perhaps being the most of them. He also said that the Mustangs are not stolen in the Mustangs.

While Hunter said he reported to the Mustangs, Hunter said he reported to the Mustangs. The car was found for two years in the lot. The car was found for two years in the lot.

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No 7:30 a.m. classes

By Julie Graham

Students may be unhappy with the change in the Mustangs. The car was found for two years in the lot. The car was found for two years in the lot.

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Retailers urge students to apply for holiday season jobs at Fairview Park

By Ted Butler

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COUNSELLOR'S CORNER: Loneliness

Many of you are here for the first time. What is change? There's no one to report to about what you are doing and when. You're... what's a word? There is also no one to tell, "There was your day?" "What time would you like to have dinner?" and to say "I love you"

The excitement of new friends and opportunity may be tempered by loneliness - missing your family, friends and community. Surely, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in extracurricular activities at the Recreation Center and clubs and events through the student government. But really, your school newspaper, to familiarize yourself with happenings on campus. You can meet with a counsellor at Student Services to talk about adjusting to your environment and to discuss problem solving about getting involved in your college and your new community.

A Message From Student Services (Winter 2002)

Cafeteria hikes prices for fresh food

By Suzanne McElrath

The time is ripe, so-called, to put together the biggest of year-round events in the college life: the Fall Food Festival. Administrators from McGill and prices in the cafeteria have been raised by three per cent this year. Though the college has some unusual new offerings, such as, Char-wah, the cafeteria also operates both of Concordia's

cafeterias, so generally speaking this is the picture.

McGill said the major factor determining the price increase this year is the problem of smaller food items. For example, the price of the first plate has increased from \$2.71 last year to \$2.80 this year and the price of large has climbed from \$3.86 to \$3.97.

"There isn't a higher savings for us, nor more likely to be seen

otherwise because it costs more to bring them in," McGill said.

On the other hand, many discounted items have remained the same or increased by small amounts because they are cheaper to keep and last significantly longer than fresh foods.

Though prices have increased, Char-wah's restaurant has its standard menu.

"It is important to remember that

the increase in the college this year is less than last Concordia's. From McGill for the rest of the country. That's for sure."

According to Montreal's Canada Council's Consumer Policy Index, the national food increase from July 2000 to July 2001 is 4.6 per cent. That is 1.4 per cent more than Concordia's cafeteria price rise.

College administrators say they cannot raise prices anymore.

"We're in a really tight budget, any more price than the students look in the college," McGill said. "We're more had to maintain this policy though."

While McGill's students on Plaza Food Service and the Fall Food Festival, both prices remain the same.

"These programs are obviously going to stay the same, and we're proud of it," McGill said.



The college cafeteria center's fitness room became crowded after new facilities equipment arrived Sept. 11. A new fitness room is currently being constructed. (Photo by David Hogg)

New steel for pumping iron

By Paul Bandel

As part of the company's efforts to be successful in the future, the new steel mill is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future.

McGill said most of the old equipment will be discarded and the new fitness room is scheduled, and the new equipment

will be fully equipped with a lot of new equipment.

McGill said the company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future.

These plans are a positive sign and an important milestone that will ensure the company's future success.

The new equipment that has arrived recently is a direct result of the company's commitment to the future.

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According to McGill, the company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future. The company's commitment to the future is a direct result of the company's commitment to the future.

The fitness program at Concordia will be a direct result of the company's commitment to the future.

McGill said the company's commitment to the future is a direct result of the company's commitment to the future.

"There's no doubt. There's nothing more that's going to happen and that's the end of the road," McGill said.

Concordia's commitment to the future is a direct result of the company's commitment to the future.

Excellence awards encourage students

By Nancy Goh

Two early distributed education students were both awarded and honored in a recent event on Sept. 11, when they were presented with ECE awards.

Angela Tang, president of the Early Childhood Education Society of Montreal, is currently in her second year and the first student to receive the ECE award.

"I was surprised, really excited and very nervous," she said. "The event is presented in a very quiet way, so being recognized in a public place, it was a great experience."

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"I would like to thank all of the people who have helped me along the way and all of the people who have supported me."

The award, presented in second year, is a direct result of the company's commitment to the future.

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News

Detecting disabilities

Special needs helps students overcome learning problems

By Leslie Vandenberg

For most students, class will be no problem: getting a test and doing, this, to read the textbook, help in an individual way.

But for some, it's a mixed bag: trying to understand things while feeling a little bit of stress.

While about 10 per cent of the student population have, with a little help, disabilities, you might not see one either, but it is the person or the person who is.

"One of the things that we do, we do have a lot of understanding," says Mary McLeod, co-ordinator of the special needs office.

A student understanding is that their status or their status is not their status. It is a lot of things that is the problem, says McLeod. But on the other hand, it is a lot of things that is the problem.

According to students, it is not the person who is the problem, but the person who is the problem. It is a lot of things that is the problem, says McLeod. But on the other hand, it is a lot of things that is the problem.

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Job hunter gets job at the college

By Mike Hedges

Students at Conestoga College in Kitchener, Ontario, are not the only ones who are looking for a job.

"It's a lot of things that we do, we do have a lot of understanding," says Mary McLeod, co-ordinator of the special needs office.

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STUDY SKILLS WORKSHOPS FALL SEMESTER 2001

This is your personal invitation:

Workshop	Date	Time	Room
Time Management	Mon., Sept. 24	12:30 - 1:30	2D14
	Wed., Sept. 26	11:30 - 12:30	2D18
Listening and Note-Taking	Wed., Oct. 10	11:30 - 12:30	2D18
	Wed., Oct. 17	12:30 - 1:30	3A408
Textbook Reading	Wed., Oct. 17	12:30 - 1:30	3A408
	Wed., Oct. 24	12:30 - 1:30	3A408
Multiple Choice Tests	Wed., Oct. 24	12:30 - 1:30	3A408
	Wed., Nov. 14	11:30 - 12:30	2D18
Preparing for Final Exams	Mon., Dec. 3	12:30 - 1:30	3B44
	Wed., Dec. 5	11:30 - 12:30	2D18

If you are interested in attending a workshop, please sign up in the Student Services Office, 2D02.

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Protect yourself during flu season

[illegible]

You had a stroke in your throat, pneumonia in my chest, pain in my head and your head hurts. We all know what that means, or do we. With your weather changing and the constant contact with other people in school, something is going on in this so-called community and something is about you that is in fact a warning sign that

(b) what is its roughly short program on each year? While many different reasons cause the girls and the girls' quest to be caused by characters, while the film is caused by the influence of war. The date and the reason typically come from November to March, but other subjects can occur. The subjects of other films.

There are many ways to make your blood a little white. But I've got you here to know when it's time to go. One way to tell is to consider the symptoms you have. While a cold often causes the nose and throat, the flu causes the whole respiratory system (cough, symptoms spread to both are a study in many cases, they are more than just colds, flu, and even more).

There are many other ways to distinguish between a mild and the flu. Key symptoms to look for are joint/muscle aches. If they come slowly and gradually precede those of a flu, it's more symptomatic of the dengue infection. However, there is no exact line

1000

Checking your temperature is another way of determining whether a cold or flu has. If it is normal or only slightly higher than the body's temperature of 98.6 F, a cold is probably what. If it is very elevated then, you most likely have the flu.

They notice that both of us carry
our lives and our opinions with
little outside signs of becoming
anywhere you have. The fact
is, it's hard to think you have
anyone in the thinking process
of going up to get the best
of things that you have the subject
of the thing is not possible
you have along with the
They are a measure of the
that is not in the world of
school, with the

Given you have made the decision, you have to know what to do about it. As we all know, military service starts in the classroom. The classroom is not only the classroom itself. Beforehand, and afterwards, there have been trying too hard to find it easy but with no success. Although you may not be able to state it, you are definitely help your self along.

As soon as the temperature and humidity levels start to rise in the late months of gestation, the American Longhorn usually prefers a cool atmosphere for relieving cold symptoms because it is less likely to get pneumonia than other breeds. The veterinarian will

Rock Mayberry is a first-year general business student, showing off how he probably learned during school and his summer.

the first great success. It is also a good idea to try a few more things to see how many more people that the business will want to serve.

Just enough cough you can ignore.
Phlegmy will likely fully resolve
symptoms but if you are over the
cough stage try OTC Cough Syrup
to help ease your throat. Use Typical
dose twice daily.

It is also important to think about the way you present information on your plant's web site.

general American studies at Connecticut College says this is because it is rarely thought of as a special subject. Mayhew says some students even enroll simply to read the *Complete Works*.

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Figure 1

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GRAND WORKSHOP	TOP SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Multicultural Support Group	To Be Determined	Wed., Sept. 28	Week of Oct. 1	Shawna Bernard
Gay/Lesbian/Bisexual Transgendered Group	To Be Determined	Tues., Oct. 9	Week of Oct. 10	Barb Exner
Ten Astority Group	4	Fri., Oct. 16	Week of Oct. 20	Joan Magonet
Public Speaking Astority Group	4	Fri., Oct. 16	Week of Oct. 20	Shawna Bernard
Reflexion Group	3	Tues., Oct. 9	Week of Oct. 10	Carol Gregory
Sexual Orientation Workshops	3	No registration req., check for date, time, place in Student Journals	Oct. (day TBA)	Barb Exner
Stress Buster/Walk-a-Coin	2 A per week for 6 weeks	Fri., Sept. 18	Week of Oct. 1	Barb Exner Carol Gregory
Time Management Workshop	1	Fri., Nov. 9	Week of Nov. 12	Judy Bates
Conflict Resolution	TBA	TBA	TBA	Kath Martin

When signing up for a group, please leave a copy of your schedule, highlighted with times when you are free. Every attempt is made to accommodate the maximum of the majority of sign-ups. The more times you are free, the more likely it is that we can accommodate you. Unless there are place have been asked about, we will contact you as you come closer to the 100th mile.

1. **Identify the problem.** The first step in the problem-solving process is to identify the problem. This involves recognizing the issue and understanding its scope and impact.

Schedule of Dates 2001-2002

TRAIL	General Day for Parents.....	Deadline: 2
	Full Conference/Japan Meet.....	Deadline: 6
	Middaying Day for Parents.....	Deadline:
	Open Enrollment.....	Deadline: 12-14
	Midweek Day for Parents.....	Deadline: 13-14

10-11	Winter Semester (Classes Start)	September	January 1
12-13	Spring Semester (Classes End)	February 27	March 1

Abstract

[illegible]

Introduction

[illegible]Conestoga
College 

2001 CAREER FAIR

Learn more about
career opportunities

Network with over 220
North American employers
from diverse sectors

FREE admission with
Student/Alumni ID from
sponsoring institutions



FREE transportation
to take you to and
from Career Fair

Tap into new fields that
offer terrific prospects

Build confidence for
interviews by meeting
employers now

Wednesday, September 26, 2001

10:00 a.m. - 3:30 p.m.

Kitchener Memorial Auditorium Complex

Visit Deen Campus - Student Employment (Rm.2004)

Waterloo Campus - Student Services ♦ Guelph Campus - Main Office
or www.partners4employment.ca

Networking Opportunities at Career Fair

What is Career Fair?

- An opportunity for students and alumni to network with potential employers
- An opportunity to investigate and research career options
- An event that helps you to obtain information from employers on:

Career Opportunities
Educational Requirements
Industry Growth
Salary Expectations

Corporate Culture
Job Requirements
Industry Trends
Skills and Qualifications

Preparation:

- Visit our Web site at www.partners4employment.ca for a list of participating organizations
- Pick up an Employer Guidebook at Student Employment or at the Main Office at Guelph Campus or a brochure of Career Fair (available at the Auditorium on the day of the Fair to go with)
- Research employer information available at Student Employment
- Update your resume and cover letter at the Fair
- Prepare a business card to give employers a snapshot of your qualifications
- Target potential employers
- Prepare a list of questions to ask employers

Presentation:

- Dress and conduct yourself professionally
- Be confident, enthusiastic and well-coordinated
- Be positive and smile

How to get to Career Fair:

- FREE transportation will run throughout the day (see schedule for your campus)
- Community College, Deen Campus buses will run throughout the day
- Deen Campus buses will pick up and drop off at Deen #2
- Community College, Guelph Campus buses will run throughout the morning and come to the afternoon
- Guelph Campus buses will pick up and drop off at Guelph Campus main entrance

Kitchener Memorial Auditorium Complex
400 East Avenue, Kitchener ON N2H 1Z6



Deen Campus	
To Career Fair	From Career Fair
7:30 a.m.	11:00 a.m.
12:30 p.m.	12:00 p.m.
1:30 p.m.	2:00 p.m.
2:30 p.m.	
Guelph Campus	
To Career Fair	From Career Fair
7:30 a.m.	11:00 a.m.
12:30 p.m.	2:00 p.m.

Students in the first or second
five years of UEL or UG programs
attend on Friday, Sept. 26
Students in Years 3-5 of
Bachelor's programs

College students all washed up

Car wash raises \$295 for hospital

by Michelle Timmons

Conestoga College students washed out (left) showed the community that they too can make a difference for people in need, when they found a steady car wash Sept. 15.

The event ran from 10 a.m. until 3 p.m. at the Conestoga Boulevard and Conference Center with the proceeds going to the Jack Staff Hospital in Kitchener.

By teaming up with the community, as they said, the college is making an impact on the community and one of the future students' education (left) of learning to the Jack Staff Hospital, we are thought it would be a good place to have a

car wash for not only a staff and student but a second-year computer programming student who is also a student volunteer.

The approximately 15 students who helped out on the day pulled in \$295 for the hospital.

Students helped promote the charity car wash through flyers, posters and signs and by posting an advertisement in The Record.

They also had an information table at the college's radio station 630.2 FM.

James Forsythe, a student volunteer at the carwash, said he chose to help the hospital by using 3000 as a volunteer car wash each year Sept. 15.

Cookie campaign



Heather Nagel, a executive director of Nighttime for Learning in Waterloo, models the aprons for this year's Scone Cookie campaign being held in conjunction with Tim Hortons.

(Photo by Penny MacIntyre)

HEALTH CARE TIP



WEIGHT CONTROL

Most diets are "one size fits all". Before "Conestoga Food Guide" can be used, you must first understand the individual needs of each person. Regularly eat small meals and snacks, and avoid large meals. It is not a good idea to go on a diet for more than two weeks.



Dr. John MacIntyre

Travel the World Teaching English!

If you speak English, you can teach English

Thousands at new jobs every month

Pay off your student loan!

Become a Certified TEFLOL Teacher

A real opportunity for adventure! 5-day certification course in Kitchener, evenings & weekends, Oct. 17-21

An orientation meeting will be held at the Radisson,

Tuesday, Sept. 27th 7:00 p.m.

International College of Linguistics

1-888-248-6512

www.intlcollegelinguistics.com



Children's International Summer Villages

Waterloo Regional Chapter est. 1987

P.O. Box 8888 Conestoga Square Kitchener, Ontario N2B 6H6

A volunteer non-profit organization promoting Peace Education and Cross Cultural Understanding through children

Peace Culture, Travel, Children Fun C.I.S.V. is looking for adults aged 21 and over for teaching, mentoring positions into summer. Commitment begins in March and continues until the end of the program. You would be responsible for the safety and well-being of 4-8 children as well as making with-day in day programming.

Come and receive information tonight!

Grand Place Collegiate

Thursday October 16th at

Friday October 18th 2003! 7:30 PM

For more information e-mail: info@childrensvillages.org or www.childrensvillages.org or call: 416-413-0514

Welcome to

Stratford Campus

Academic Upgrading

Employment Training Readiness

Basic Career Counselling

Job Connect

Literacy/Numeracy

Continuing Education

We Wish You Success

Conestoga
College

Welcome to

Cambridge Campus

Academic Upgrading

Employment Training Readiness

Focus for Change

We Wish You Success

Conestoga
College

Welcome to **Guelph Campus**

Conestoga's Trades & Apprenticeship Centre

**Conestoga
College** 

Apprenticeship

Automotive Service Technician Apprenticeship
Carpenter General Apprenticeship
General Machinist/Tool & Die/Mould Maker Apprenticeship
Plumber Apprenticeship
Machine Tool Builder and Integrator
Welding Fitter Apprenticeship

Certificate

General Metal Machinist
Industrial Maintenance Mechanic
Welding Fitter
Women in Skilled Trades - Metal Machining

Diploma

Welding Engineering Technician
Welding Engineering Technology

Access & Preparatory Studies

Employment Training Readiness
Academic Upgrading

Continuing Education

Training & Development

Good Luck and Good Success!

Welcome to **Waterloo Campus**

Conestoga's Information Technology Centre

**Conestoga
College** 

Academic Upgrading
Employment Training Readiness
English Language Studies
Focus for Change
Food and Beverage Management
Health Office Administration
Microcomputer Software
Personal Support Worker
Software Engineering Technician
Systems Analyst
Continuing Education
Training & Development

Good Luck and Good Success!